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Bangalore Mirror ON SUNDAY

TEMP Max 31 | Min 13 | Humidity 26% Mainly Clear sky Sensex 59,463 | Nifty 17,465 | Gold 55,416 | Silver 63,450 | Dollar 82.93 | Euro 87.67 | GBP 99.07

Chief Minister's medals for frontline forest staff engaged in conservation haven't been awarded for last two years

CALL OF THE WILD

Awards are usually distributed on March 21 – World Forest Day – every year

| Garima Prasher
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TWEETS @BangaloreMIRROR

The frontline staff of Karnataka Forest Department have been left high and dry yet again. This time, though, they are kept waiting for the Chief Minister's medal. Introduced by the department more than five years ago, the award honours and recognises frontline staff engaged in various activities for the conservation and protection of forests.

The foresters BM spoke to said while the award is to be distributed on March 21 - World Forest Day - every year, it has not happened for the last two years.

"The forest department officials, especially the frontline staff, are not given due recognition. We encounter wildlife and sometimes put our lives in danger. Our line of duty involves spreading awareness about wildlife and wildlife conservation in nearby schools and villages. The award is a good platform to recognise all the hard work. However, it is demoralising that the government is not interested in recognising our

CONTINUED ON PAGE 2 »

File photo of forest department officials rescuing a tusker from Arabbithittu Wildlife Sanctuary near Hunsur

> "Many of our colleagues shortlisted for awards for 2020 have retired. They will not get a chance to wear the medal on duty
>
> – KFD official

Your way out of the maze

Walk through scale model of Bengaluru roads & understand where you are

| Melvin Mathew
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TWEETS @BangaloreMIRROR

Find Bengaluru's roads to be a maze? You can now take a quick tour of this model near Hebbal Junction to figure out the city's roads. As part of its junction improvement plan, a scale model of Bengaluru roads has been constructed by the Bruhat Bengaluru Mahanagara Palike near the junction. The model aims to create more awareness about different roads in different zones.

Many times, citizens are clueless about the roads they travel in or the pockets of Bengaluru that they hardly visit. Noting that areas under flyovers and junctions have become black spots, BBMP has been in the process of beautification of such areas as deterrents. However, now BBMP has come up with a unique strategy. It has constructed a scale model of Bengaluru roads through which people can walk and experience the various areas. So in addition to sprucing up the spot, the model also spreads awareness about roads.

The project is being implemented by BBMP, The Ugly Indian (TUI) and Brigade Borders.

"Our idea was to create the first scale model of Bengaluru roads. People don't have a geographical sense of Bengaluru

CONTINUED ON PAGE 4 »

3 THINGS TO DO

01 Tunes to remember

Catch Morning Raag with Amrutha Venkatesh, a concert that will comprise a vocal solo by Amrutha Venkatesh who will present an eclectic mix of ragas, some of them morning ragas. A wholesome variety awaits those who attend the concert. It will be an interesting selection of compositions of various composers, some in tune with daybreak, some peppy and toe-tapping, some contemplative and some that the audience will love to hear over and over again.
Where: Lumbini, Jagriti Theatre
When: March 5, 7:30 am
Tickets: https://in.bookmyshow.com

02 Checkmate, peeps!

Bangalore Chess Club is an open chess community to join and be a part of! Come, play on the board chess with everyone, banter, trash talk and have fun! Bring your chess sets along.
Where: Lahe Lahe; When: February 26, 10 am – 1 pm

03 Laugh it out!

Check out "Notes from the Bunker", a stand-up comedy show by Punit Pania. The future is already here, the least we can do is laugh about it. In a first-ever offline show, Punit Pania promises to be novel, interactive and post-apocalyptic!

Where: Atta Galatta; When: February 26, 6 pm – 8 pm; Tickets: bookmyshow.com

She's a straight shooter

14-year-old Bengalurean who trained in shooting sports to wean herself off gadgets is now a gold medallist

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In late 2020, during the pandemic, when 14-year-old Tilottama Sen joined an academy for rifle shooting training, it was simply to wean herself off gadgets. What started as a way to keep herself occupied at a time when schools were closed, became her calling and today, she is the proud recipient of several medals, from state, national, and international championships.

Ever since her parents enrolled her at the sports academy, there has been no looking back for her: in the most recent competition held at the ISSF World Cup Cairo Egypt, she won a bronze medal for the country.

Coach Sharanendra KY, who started training Sen from October 2020, was all praises for her. He said that he had never seen any of his students learn and grasp the sport so fast.

"Sen is a quick learner. Every time she goes for competitions she comes back with a medal. She started her journey in October 2020 and in February, there was an interclub competition where she won seven gold medals. She is dedicated to the sport and doesn't miss out even one day of training."

In the ISSF world cup at Cairo Egypt held from February 17-24, Sen participated in the senior Womens Cup and scored 632.7 with a 10 M air rifle. She lost by 0.1 score to the gold medal.

"I started training at the end of 2020. Rather than getting addicted to gaming and phones, I decided to train for shooting. I joined the academy and started it as a hobby and then got addicted to it.

Now I love the sport and I'm equally giving time for my studies and staying focused," said Sen, resident of Electronics City and a student of Bluebell Public School along Hosa Road.

Sen has won more than 30 gold medals in different tournaments from 2022 to 2023.

"My parents have been my biggest support system. They put me in the academy when I wanted to join and have been supportive whenever I go for tournaments. They have been my real motivation. They are now very proud to see excel in the sport. "

For Sen, inspirational personalities include Abhinav Bindra, Gagan Narang and Niccolò Campriani.

Coach Sharanendra disclosed the initial financial challenges Sen and her family faced. "When she used to get selected for international tournaments, we didn't get sponsors to finance the trips. Her parents couldn't afford the total cost but they supported and sent her for the tournaments.

However, in order to participate in international competitions, support from the government should come. Only this year in 2023, we got Rs 10 lakh from the government for her sports development and also got sponsored by the Reliance foundation."

Sen aims to get a gold medal for India. "I am very young, but I have dream of competing in the Olympics and winning a gold medal for my country, with a record score in Olympics."

"My parents put me in the academy when I wanted to join and have been supportive whenever I go for tournaments.
– Tilottama Sen

At just 14, Tilottama Sen has her eyes firmly set on her target and aims at winning gold in the Olympics one day

State foresters awaiting CM's medal

CONTINUED FROM PAGE 1

efforts," said a forest watcher.

The Karnataka Forest Department introduced the forest medal in 2017 along the lines of police medals. The idea was to recognise the work done by foresters for handling human-wildlife conflicts, wildlife conservation, removal of encroachments, and keeping anti-poaching activities in check. However, the schedule has never been maintained. The CM's medal was conferred to 75 staff for three years combined (2017, 2018 and 2019) in 2020. Thereafter, shortlisted foresters for the award in 2020 and 2021 are still waiting eagerly to receive the medal.

According to officials, some of their diligent colleagues who were selected two years ago for the award have already retired.

"Some of my colleagues have been asked to apply for the CM's award for this year despite the fact that previous years' medals are yet to be awarded. Many of our colleagues shortlisted for the award for 2020 have already retired. They will not get a chance to wear the medal on duty," an official lamented.

To shortlist the awardees, the circle-level committee of the forest department sends the recommendation list to the state-level committee. The final list of 25 officials for the award is then sent to the government by the state-level committee.

Wildlife activists told BM that while this was a good initiative by the department, such long delays in felicitating the foresters defeat the purpose of the award.

"As per a government order, the award has to be given to the frontline staff and officers who have done a commendable job on duty. As per the order, the ceremony has to coincide with World Forest Day (March 21) every year. However, it has never happened. It is a good initiative, but it has to be done on time," said Giridhar Kulkarni, a wildlife conservationist.

A year on, med students remember life in Ukraine

Some changed career paths, some moved elsewhere and some restarted life again

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Many medical students in Bengaluru and beyond say that there was not enough support from the govt

A year after they were evacuated from the war-struck city of Kharkiv in Ukraine, life for medical students from Karnataka has panned out to be very different from what they had dreamt of.

Some students moved to other countries; some have changed career paths while some are planning to start over their medical degree in Indian colleges this academic year. However, though most of the students have moved on in their academic lives, they still look back to their lives in Ukraine one year ago.

Shwetha Kumar, 22 who was one of the students who were brought back from the war-torn country almost a year ago, has now taken up a BA psychology course in India.

"I don't think I've completely moved on; I don't think I ever will. That place was my home and I experienced my happiest and also my darkest days there. Sure, my friends and I are trying to move on and pull through together but it's not that simple... I still miss Ukraine and everything about it. The people, the place, and that life, it's just something irreplaceable for me and I feel empty even now when I think about it," Shwetha shared.

Shwetha, who was a first-year MBBS student at Kharkiv National Medical University, had to quit her medical career due to a lack of opportunities in Indian colleges and familial pressure.

"I joined a BA psychology degree as my parents didn't want me sitting idle at home. But I am still planning to drop out and go back to medicine. My friends and acquaintances from Ukraine are either in different countries now or are starting over their MBBS degrees. Some have even changed their course," Shwetha told Bangalore Mirror.

> **I moved to Russia in November. I had no other option and had to think about my future. The curriculum is harder there**
>
> – a student who returned from Kharkiv

The students added that there was a lack of support from the Indian government for the students in the last year. Though politicians and media companies reached out to the students after their evacuation, there was little help, they added.

"I feel like the entire ordeal of complicated transfers could've been handled better and the National Medical Council (NMC) could've been a little more open to our requests," she added.

In the last year, the returnees had protested for months asking for accommodations in Indian medical colleges. However, due to a huge number of medical aspirants in the country and limited seats, their demands were not fulfilled.

Yuktesh, 19, is still continuing with medical education and has now taken admission in a private medical college in Manipal.

"Last year has been a little too hectic, indecisive, and frustrating for me. I felt that one year of my life got wasted especially in a degree like medicine that is already very time-consuming. Most of my friends from Ukraine have moved on to different courses or have taken transfers to Georgia or Russia," Yuktesh explained.

The students who moved to different countries said that their parents are still insecure and worried about their safety overseas.

"I moved to Russia in November and continued with my second semester. I had no other option and had to think about my future. Though it is a lot safer here, my parents are still worried... The curriculum and academic environment are also much harder than it was in the curriculum," said another student who was evacuated from Kharkiv last year.

After the war started in 2022, more than 17,000 Indians, out of which most were medical students, were evacuated from Ukraine. Many of these students had even hoped that the war would be short-lived and they would get a chance to continue their education in Ukraine.

More bad news for disgraced officers

Rohini Sindhuri

Roopa Moudgil

The Karnataka government has ordered a departmental inquiry against IAS officer Rohini Sindhuri and IPS officer D Roopa Moudgil over their public spat, sources said on Saturday.

The sources confirmed that the inquiry has been ordered by Chief Secretary Vandita Sharma as per the orders of Chief Minister Basavaraj Bommai.

The government had taken serious note of the public spat which continued between two senior officers despite warnings issued by the Chief Minister and state Home Minister Araga Jnanendra.

The sources explained that the matters of issuing a public statement, posting of private photos on social media would be probed against Roopa.

The allegations against Sindhuri of construction of swimming pool, violating heritage structure and carrying out construction activities during Covid pandemic and a bag purchase scam would be investigated.

The probe will also look into the violation of service laws and guidelines. Both officers have been transferred from their present postings and were not allotted any new posts yet.

The two had engaged in the public spat in the wake of which they were given gag orders by the state government.

Sindhuri had also approached the court and got orders against Roopa for not issuing any damaging statements against her and not to post any material on social media handles.

The court, however, has adjourned the matter to March 7 while allowing Roopa to file her objections. **–IANS**

6-yr-old dies after falling in lift pit

CRIME FILES

A 6-year-old girl has died after falling into a water-filled lift pit of an under-construction building in Chickpet and authorities are currently looking for the building owner.

The victim has been identified as Maheshwari. Relatives of the girl have alleged that the building owner was responsible for the inadequate safety measures.

Based on the complaint filed by Maheshwari's father Mallappa, the City Market police station has registered a case under Section 304 of the IPC against the building owner and engineers for causing death due to negligence.

Man kills mother-in-law

A woman was allegedly killed by her son-in-law during a fight. The victim has been identified as Elal Arasi, and Diwakar, is the absconding accused.

Tamilarasi, daughter of Elal Arasi, and Diwakar got married 12 years ago. The couple have an eight-year-old daughter and a four-year-old son. The couple is now divorced. On Shivaratri, the duo had gone to Elal's house when a fight broke out between the couple.

Following that, Diwakar stabbed his mother-in-law thrice in the neck with a knife. The victim was taken to the hospital but she died. The police said a case has been registered and action has been taken to arrest Diwakar.

Woman kills herself

A housewife killed herself in Jai Maruti Nagar of Nandini Layout. The victim has been identified as Kavya, 23.

Kavya was married to Venkatesh eight years ago. The couple has two sons. Venkatesh is a stone worker. Fed up by the fact that her husband would go home only once in three days, Kavya hanged herself. A case has been registered at Nandini Layout Police Station.

Drug peddlers arrested

The Amruthahalli Police Station has arrested a gang of inter-state drug peddlers. Mapeen, Mansoor, Abhishek, Akshay Sivan, Arjun, Akhil, Joel, Prithvin have been arrested by the police. It has been learned that the arrested are from Kerala and Bengaluru.

According to the police, one car, one two-wheeler, seven mobiles and narcotics worth Rs 50 lakh were seized from them. **–BMB**

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Crossing Kanakapura main road? Good luck

Residents want speed breakers, sign boards installed here to prevent accidents

| Iffath Fathima
Iffath.Fathima@timesgroup.com
TWEETS @BangaloreMIRROR

Kanakapura main road connects to several major roads, offices, and a stretch of the Coimbatore National Highway, which is why it is always very busy; however, it is unfortunately accident prone too

Kanakapura main road is considered to be one of the main stretches in south Bengaluru. It connects to several major roads, offices, and a stretch of the Coimbatore National Highway. Many commuters use this road, and some raised concerns over the stretch opposite RMS School and PU College not having streetlights and speed breakers. This makes it highly unsafe for pedestrians as traffic moves fast here.

A local reported an incident that took place a few weeks ago where a pedestrian was hit by a school van while crossing the road after dropping his child off at school. He was badly injured and underwent five major surgeries.

Member-residents of Century Central Apartment Owners Association (CCAOA) wrote a letter to the Bengaluru Traffic Police (BTP) highlighting the issue and asked for the installation of speed breakers to keep speeding vehicles in check.

Akhila Deshpande, CCAOA member, said, "The person who got seriously injured is our friend from the apartment. He is 40-years-old and is suffering from many injuries. He can barely walk now. The family has spent around Rs 15 lakh for the surgery. Our apartment has 220 flats and is next to RMS School. We have to walk on the opposite side near the Khoday factory, where a bus stand is located. We wait for school vans there. Crossing the road is very risky as drivers speed, often coming from wrong directions. I was hit once by a biker, but was lucky not to be injured. Putting up sign boards saying 'school zone' or 'go slow' and installing speed breakers can make a huge difference."

In the same stretch, there is a frequently used U-turn near the school. Here, speeding vehicles put pedestrians trying to cross the road at risk. There are no streetlights on this stretch either.

VK Srivatsa, a resident of the area, said, "There are no streetlights, and during the nights, it gets especially risky for walkers. We have highlighted the issue to BESCOM and BBMP officials. They have said they will rectify the issue and we are waiting for the same. The lack of lights makes it unsafe for people coming here from the metro station. Some even take their dogs for a walk in the dark and feel unsafe."

> **"There are no streetlights, and during the nights, it gets especially risky for walkers. Some even take their dogs for a walk in the dark**
> – VK Srivatsa, resident of the area

Residents also added that there is no traffic management at the junction. As vehicles are often speeding here, there is a need for traffic police. Another resident said that there should be a visible zebra crossing too.

"The issue had been highlighted a month ago, but authorities are yet to take action. We have been following up," they added.

Deshpande further said that many school children are found crossing the road amidst risky conditions. "Most of the time, I cross the road with the younger school children to ensure they reach the other side safely. A new speed breaker should be installed at the earliest to prevent another bad accident."

Maze runner: Scale model of Bengaluru roads

CONTINUED FROM PAGE 1

roads. We have built the road network of Bengaluru along with the inner road, ORR, flyover, etc. People can also walk through the installation of Bengaluru roads. We have also created an interpretation board which traces the map history of Bengaluru since Kempegowda's time till now," said a member of TUI.

"Initially we made a smaller map of Bengaluru roads for our understanding, Eight roads spread out from the Central Business District (CBD). The Bellary Road goes north, Bannerghatta Road goes south, Old Madras Road goes east and Magadi Road goes west. Further, we have an intricate network of roads from the aforementioned roads. However, such a model is missing even in a museum," he added. The model aims to produce an accurate spatial understanding of the roads of Bengaluru. While people seem to understand localities in isolation, there is ambiguity in the position of the location in the larger space of Bengaluru.

TUI has been working with BBMP towards the beautification of Bengaluru and removing black spots, but this particular attempt is to educate the citizens while also developing the area.

Even though the installation was just opened officially on Friday, it was set up around seven months ago. The untouched installation is a testament to the working of the new concept.

Lithium hope in Mandya

After the news came that the central government is all set for commercial exploration of rare mineral lithium in Jammu and Kashmir, Karnataka is also eagerly looking forward to good news from Atomic Minerals Directorate for Exploration and Research (AMD) regarding its lithium reserves in Mandya district.

After the buzz regarding finding of lithium reserves between 2020 and 2021, there was no significant movement by the concerned authorities in this regard. The new development has once again raised hopes in Karnataka.

Preliminary surveys on surface and limited subsurface by AMD have shown presence of lithium resources of 1,600 tonnes in the pegmatites of Marlagalla-Allapatna area, Mandya.

Sources explain that apart from Mandya, AMD is also carrying out exploration for lithium in potential geological domains in parts of Yadgir district.

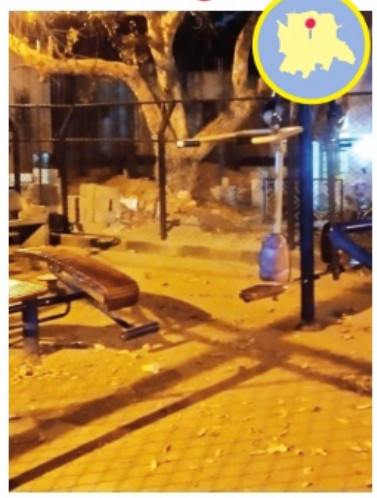
However, experts claim that economic viability has to be worked out. If viable, the exploration of lithium will help the country in a big way as the Indian automobile industry is heading towards electric mobility.

Union Minister of State (Independent Charge), Atomic Energy and Space, Jitendra Singh, stated the significance and quantity of lithium in Marlagalla-Allapatna may be established only after the completion of exploration in the entire area. **– IANS**

whatsapp MIRROR 9591233247

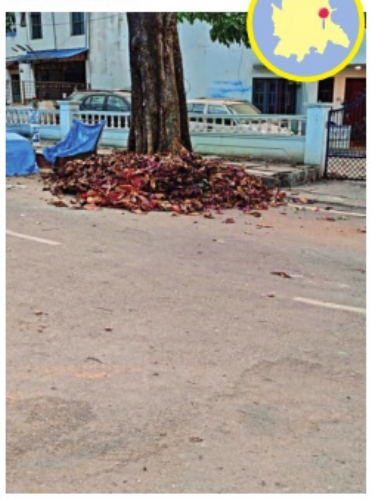
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Lights needed
Jai Maruthi Nagar



This park in Jai Maruthi Nagar Circle, Nandini Layout needs proper lighting as it is very dark and dangerous for children.

Clear the leaves
Yelahanka



Dry leaves have not been cleared from SFS 208 4th phase, Yelahanka New Town for days, even after complaints to the BBMP.

Flexing is banned!
Babusapalya

Illegal flexes can be found on all electric poles and footpaths in and around Babusapalya.

Pane-point: Stone-pelters target Vande Bharat Express train

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Two windows of a Mysuru-Chennai Vande Bharat Express train's coach were damaged when some miscreants pelted stones at them. The incident occurred on Saturday between the Krishnarajapuram and Bengaluru Cantonment Railway Stations. No people were injured in the incident.

Railway officials said that a few unknown miscreants pelted stones at the windows around 10:30 am between the two stations, and as a result, they were entirely damaged.

Frequent instances of pelting stones at trains are reportedly being observed off late. The Railway Protection Force (RPF) has registered 21 stone pelting cases in January and 13 cases in February (Bengaluru Division of South Western Railway). The cases have been registered based on incidents that have been reported in Lottegollahalli–Kodigehalli, Bayyappanahalli– Channasandra, Channasandra-Yelahanka, Chikkabanawar–Yeshwantpur sections, and also near Krishnarajapuram, Baiyyappanahalli, Tumakuru, Banaswadi, Carmelaram, and Bengaluru Cantonment areas.

Pelting of stones at trains results in damage to public property. It also causes injury to passengers in the train, which can sometimes be fatal.

It is a non-bailable offence. According to Section 152 of the Railways Act, if any person throws stones at a train and the act is likely to endanger the safety of passengers on the train, they shall be punished with life imprisonment or with imprisonment for a term which may extend up to ten years.

"Apart from stepping up vigil, awareness drives are being organised by RPF at the locations of such incidents and in nearby areas covering schools and villages.

This is being done so that the miscreants desist from acts that can endanger train operations. Officials are also sensitising the public in this regard through announcements and displays of messages on CCTVs in stations, waiting halls, and other areas of public contact.

Railways appeals to the general public and passengers to inform on the toll-free helpline number (139) if they come across incidents of stone pelting. Railway property is public property and protection of public property is everybody's responsibility," said a Railways official.

Drive slow, it's dangerous here

Hosur main road has two notorious, accident prone blackspots

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Hosur main road, which is the key road to hundreds of IT companies, has now earned the dubious distinction for having two dangerous blackspots. Two stretches on this highway have earned a place among the top six blackspots in Karnataka.

Recent data from the Ministry of Road Transport and Highways (MoRTH) state that there are three blackspots on National Highways in Bengaluru. Out of the three, two are in Hosur road. The first one is at the Electronic City highway near Singasandra bus stop (between 9.3 km and 9.7 km). 46 accidents have taken place here between 2016 and 18, leaving 23 people dead.

The 100-metre-long stretch near Hebbagodi bus stop is another black spot and has claimed 23 lives. The third blackspot is near Lakshmipura temple near Kaggalipura where 41 accidents and 23 deaths have occured.

A MoRTH official said, "High priority has been accorded for identification and rectification of blackspots (accidents prone spots) on National Highways. Concrete efforts have been made towards improving road safety on National Highways. Overall, there are 5,352 blackspots on National Highways in the country based on accident data. There are 551 blackspots in Karnataka. "

Another official said that they are in the process of identifying/rectifying such spots. Short-term measures include installing cautionary road signs, transverse bar markings, rumble strips, and solar blinkers. Long term rectification steps include the construction of flyovers, underpasses, over bridges, and service roads wherever required. "Besides this, traffic warning signs, delineators, road studs, bar markings, and humps at approach roads are being provided to ease traffic on vulnerable sections of National Highways. Emergency services and medical facilities are also in place for road accident victims," the official added.

File photo of BMRCL metro line construction on Hosur main road as seen from Silk Board junction

Global numbers

According to the MoRTH report, India is second in terms of total accidents across 207 countries in the World Road Statistics 2020. In terms of deaths, it is first. "India's incidence of accidents is 32/lakh (people), which is much less than that of the US (590) and Japan (340). However, India ranks first in the number of people killed across 207 countries. South Africa registered the highest number of road accident deaths per one lakh people, followed by Iran, Russia, US, India, Indonesia, Morocco ,and Peru.

> **"High priority has been accorded for identification and rectification of blackspots. Overall, there are 5,352 blackspots on National Highways in the country based on accident data. There are 551 blackspots in Karnataka** – MoRTH official

Accident timings

Evening times are the most fatal in terms of accidents. According to the data, in India, the time interval between 6 pm and 9 pm recorded the maximum number of road accidents. This accounts for 20.7 per cent of the total accidents in the country, and this is in line with the pattern seen over the past five years.

The second highest time interval for accidents was between 3 pm and 6 pm, constituting 17.8 per cent of road accidents. The least number of accidents were recorded from 12:00 am to 6:00 am.

Quitting politics on my own: BSY

BJP Central Parliamentary Board member and former chief Minister BS Yediyurappa on Saturday told the influential Lingayat community that he is retiring from electoral politics on his own and urged them not to have any hard feelings about it.

Speaking to reporters, the Lingayat strongman stated, "I appeal with folded hands to the Veerashaiva-Lingayat community. I am retiring on my own as I am completing 80-years on February 27. My brothers of the community should not misunderstand this."

"The leadership of Prime Minister Narendra Modi and Union Home Minister Amit Shah has given us strength. PM Modi is arriving in Shivamogga on February 27. I have realised my long cherished dream. I have complacency that I have done whatever possible for development," Yediyurappa stated.

"I will tour the state and strive to bring the BJP to power. I am retiring on my own. You should support me and help BJP to win elections," he appealed **–IANS**

Cong slams BJP over Bagalkot teachers' deaths

Karnataka Congress on Saturday attacked the ruling BJP after two teachers allegedly died by suicide while staging a protest demanding pension benefits. The Congress also dubbed the deaths as 'government murders'.

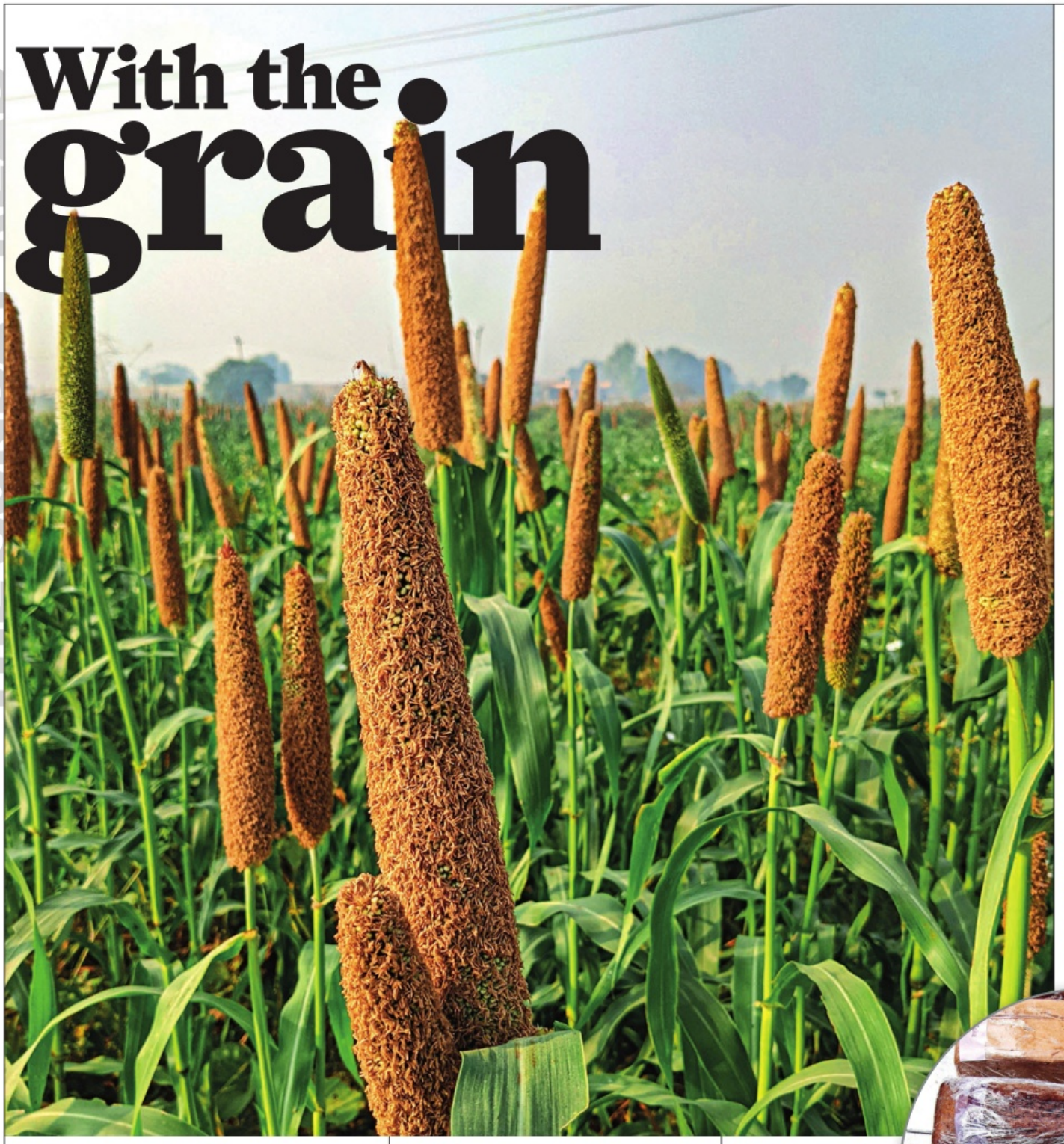
Opposition leader Siddaramaiah questioned, "If a death occurs in a communal clash, leaders of BJP will swarm their houses like flies within hours. Don't they think the lives of teachers, who form the future of thousands of students, are important?"

Siddaiah Hirematha, a teacher from Bagalkot, and Shankarappa Boraddy from Sindhanoor in Raichur district died by suicide last week as the BJP government did not fulfil their demands.

He further said that the teachers of aided schools and colleges are protesting in the premises of Freedom Park for 141 days and no one has shown any concern for them. **–IANS**

THE SUNDAY READ

With the grain



How about a millet brownie for tea? Meet the superfood that is here to stay

| Asha Chowdary
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TWEETS @BangaloreMIRROR

Did you know that millets can be baked into golden brownies, flipped on a griddle as pancakes, swirled onto a kulfi stick, stirred into a porridge and sizzled on a flat skillet as crisp dosas?

Millets are already enjoying a moment in the sun as the United Nations General Assembly declared 2023 as the International Year of Millets.

But there was greater reason to celebrate when this humble grain was given a prominent position in the latest Union Budget. The new budget proposes to drive down the prices of this global superfood and it is going to be made more popular across the country this year.

What's so special about millets?

According to Sheela Krishnaswamy, Nutrition & Wellness Consultant, millets contain antioxidants that are beneficial for health, have the potential to improve risk factors relating to cardiovascular disease and Type 2 diabetes, and can also maintain your body weight as they are gluten-free.

"In recent times, as people became more environment and health conscious, the demand for millets grew, which in turn increased the cost of these grains," explains Sheela. "It is good that this nutrient-rich cereal group will soon be accessible to all groups of people."

Today, food and fitness enthusiasts worldwide are promoting this wonder grain. Food vloggers can't seem to get enough of millet-based recipes.

Millets are also gaining in popularity because they are environmentally friendly. They can be easily grown in marginal lands and as it is drought resistant and pest resistant, it is a very efficient, resilient crop.

The recipes are endless

Millets are already being used in rotis, porridge and dosas. But there are many more exciting options now. Today, you can make cookies, khichdi, salads, bread and so much more.

Neelanjana Singh, a registered dietician practising in New Delhi, says that people may be wary about using millets as they require pre-soaking and more time on the stove, but once you get used to these methods of preparation, the possibilities are endless.

"You will find that you can make all kinds of foods, like idlis, pakodas, dosas, chikkis, vadas, bread and so much more," says Neelanjana. "There are also several recipes featured on the Millet Research Institute website which you can try out.

"Calcium is higher in finger millets but iron and zinc are more in barnyard millets. It's good to rotate the millet varieties and other cereals
– Sheela Krishnaswamy, Nutrition & Wellness Consultant

Trying to lose weight? Try millets

Shiny Surendran, a Sports and preventive health dietitian says that millets are very good for tummy issues and weight loss.

"Millets were always part of our grandparents' diet until wheat and rice became popular," she says. "These grains allow a gradual and slow release of glucose in the blood due to their fibre and complex carbohydrate content. Since they are rich in insoluble fibres, they help flush toxins out of the body. Also, due to the fibre content, you remain full and this helps in weight loss."

It is important, however, to understand the different kinds of millets, how to cook them, how long to soak them and whether you want to ferment or use them as sprouts.

"Introduce one millet at a time in your diet, till you understand how it works for you," she adds. "One of the easiest ways to incorporate millets into your diet is by making rotis with 50 per cent whole wheat flour and the remaining 50 per cent with ragi, jowar or bajra flour. Add them to idli and dosa batter or make millet-based pasta."

Watch what you eat

Opting for a millet diet instead of white rice or wheat diets can give you the health boost you crave. You have to plan a diet that includes all the right food groups.

Prateek Kole, Senior Manager, Marketing, who works in a startup lost 21 kgs in recent years due to the great care he took in planning his diet.

You must understand the different kinds of millets, how to cook them, how long to soak them and if you want to ferment them or use them as sprouts

"During the phase when I was trying to lose weight, I was conscious of every food choice I made. As I live in Bengaluru, everyone talks about millets here and especially about ragi dosas. That's how I started eating millets and found that they were light on the stomach. Now I also enjoy eating jowar and bajra rotis, instead of wheat or maida rotis."

Prateek made sure he consumed millets like ragi and jowar, ate a lot of fibrous vegetables and opted only for white meats, all of which helped him on his weight-loss journey.

Which is the best?

According to Sheela, there is no single millet which can be termed as the best. "Each millet has great nutritional value and can be used along with other food groups and grains to make wholesome meals. For example, calcium is higher in finger millets but iron and zinc are more in barnyard millets. It's good to rotate the millet varieties and other cereals to bring in the benefits of dietary diversity," she says.

Air travel to soar in K'taka

Karnataka to add 6 more airports in next two to three years; Shivamogga airport located at 15 kilometre from city at Sogane village to be inaugurated on Monday

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharvMIRROR

Karnataka is soon set to get another airport as Shivamogga airport gears up for inauguration on Monday. Besides this, the state may get six more airports as the aviation sector expands. The proposed airports are to come up at Vijayapura (Bijapur), Hassan, Raichur, Karwar, Koppal and Davanagere. Here is an update on the proposed airports and when they may be operational.

Shivamogga airport is the first airport in the Malnad region, which is expected to help people connect to various cities of India

Shivamogga airport

This will be the first airport in the Malnad region and many hope that this will help people to connect to various cities of India. Shivamogga airport has the credit of having the second longest runway after Bengaluru's Kempegowda International Airport (KIA). PM Modi will inaugurate the airport on Monday.

Minister for Housing and Infrastructure V Somanna said in a reply to the Assembly question that the proposed Shivamogga airport is being developed at an area of 758 acres at a cost of Rs 449.22 crore. The airport is located at a distance of 15 kiometre from Shivamogga city at Sogane village.

He added that this airport will be equipped to handle A320 aircrafts.

The construction works began in June 2020 and under the first package, a runway, apron, taxiway, compound are being constructed. The second phase of works began in June 2021, including construction of the terminal building and air traffic control (ATC).

The passenger terminal building of the airport can handle 300 passengers per hour. The airport will improve connectivity and accessibility of Shivamogga and other neighbouring areas in the Malnad region.

Vijayapura airport

The proposed Vijayapura airport is located at Buranapura and Madhubavi villages, at a distance of 15 km from the city centre. The airport will come up at an area of 727 acres. The first phase of works started from February 2021, which included construction of apron, taxiway and link road, and so far 66 per cent of the works have been completed.

The second phase of works that include construction of terminal building, ATC and other works have seen only 10 per cent of progress. However, the government hopes that the construction work will be completed in 2023.

Hassan airport

The Hassan airport is being constructed at a cost of Rs 193.65 crore in an area of 536 acres. The proposed airport is coming up at Bhuvanahalli village, 13 km from the city centre.

So far, the airport has seen 29 per cent of work completion and the government is hopeful that this airport will also be functional by December 2023.

Raichur airport

The Raichur airport will come up in an area of 320 acres at Yeganur village, which is at a distance of 12 km from the city centre.

Administrative approval has been given for the Rs 185.57 crore project. However, there is a requirement of an additional Rs 33 crore (Rs 20 crore for construction and Rs 13 crore for land acquisition and rehabilitation). This airport work is likely to be completed in June 2024.

Karwar civil enclave

Currently, the Indian Navy is constructing an airport at Seabird naval base which is at a distance of 5 km from Ankola. The Karnataka government is proposing a tie up with the Navy to allow part of the airport as a civil enclave.

For this purpose, 97.10 acre of land is under acquisition process. The extension of the runway process is yet to be taken up. This proposed airport may be functional in 2024-25.

Davanagere and Koppal airports

There is a plan to start airports at Davanagere and Koppal districts as announced in the 2022-23 budget. The Airports Authority of India (AAI) has conducted a preliminary survey and the state government is yet to take a final call on the project.

Heliports

There is a proposal to set up heliports at Chikkamagaluru, Madikeri and Hampi. A private aviation company has been entrusted to prepare a detailed project report (DPR).

Govt workers to hold strike from March

In a setback to the ruling BJP, Karnataka Government Employees Union has announced that the government employees will go on an indefinite strike from March 1 in the state if their demand of implementation of the Seventh Pay Commission is not met.

CS Shadakshari, the president of the Union, stated that all government employees have decided to not to attend duty and launch the protest across the state.

"Chief Minister Basavaraj Bommai has turned a blind eye towards the government employees. The attitude of CM Bommai has saddened 9 lakh government employees," said Shadakshari.

The protest will be observed by the government employees by remaining absent from work in schools, colleges, hospitals, and other institutions, he explained.

The protest would be recalled only if the government passes interim orders for implementing recommendations of the Seventh Pay Commission.

"If not, we will continue the agitation," he added. **–IANS**

Family murder: Special teams to get cracking

The Karnataka Police said on Saturday that it has formed three special teams to crack the murder case of four members of the same family in Uttara Kannada district.

Seventy-year-old Shambhu Bhat, his wife Madevi (60), son Rajiv (40) and daughter-in-law Kusuma (35) were hacked to death on Thursday in Onibagilu village near Bhatkal town.

The police are suspecting the role of the elder daughter-in-law behind the murders and have taken two accused persons into custody. The teams have been formed under the DySP and CPI of Bhatkal. After the death of Bhat's elder son, Vidya Bhat was given 1.9 acres of land but she had demanded three. **–IANS**

Trend towards professionalism: Engage in upskilling

A recent survey by an edtech company reveals that as many as 83% of professionals and freshers in India are planning to upskill in 2023.

The survey was conducted by 'Great Learning' among a sample of 1,000 working professionals and recent college graduates in India from different backgrounds.

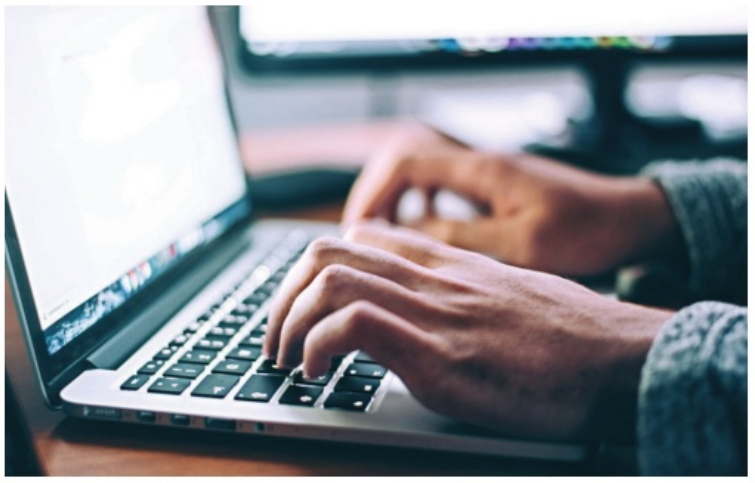
The report says that the intent to upskill among Indians has increased by 4 percentage points from the previous year. In 2022, 79% of professionals were planning to upskill, while in 2023, that number has risen to 83%.

Moreover, the report adds that the desire to upskill is slightly higher among men compared to women, with 83% male and 80% female professionals planning to upskill in 2023.

It added that in 2022, among metro cities, Bengaluru, the technology capital of India, saw the maximum demand for upskilling programmes followed by Chennai, Hyderabad, Mumbai, Pune, and Delhi.

"With a tighter job market in 2023, skill development will be as critical as ever. The increase in intent to upskill in 2023 among professionals is expected given how rapidly technology and business practices are evolving," explained Hari Krishnan Nair, co-founder, Great Learning.

The report also revealed that the IT sector was the top sector where the professionals have upskilled in the year 2022, followed by Manufacturing, Educational Services, and Pharma industries.



In 2022, B'luru saw the maximum demand for upskilling programmes

Most young professionals choose to engage in upskilling courses during their off-hours for 1-2 hours mostly via edtech platforms. However, now most colleges have also started offering short certificate courses and skill courses for the same purpose but they are less popular among young professionals so far due to a lack of flexibility.

While upskilling is the latest trend in India among working professionals, the report reveals that as many as 42% of professionals in India are upskilled to secure a new job, while 25% aimed to achieve career growth within their current organisation.

–Saumyangi Yadav

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

ON THE LOOKOUT

A brahminy kite perching near Bellandur Lake

The picture was clicked by BM reader **P Suryanarayana**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

Bellandur Main Road: Whammy for commuters

Shreyashi Mukherjee
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TWEETS @BangaloreMIRROR

The road is filled with potholes and water, which make commuting more difficult for people

The commuters using Bellandur Main Road are finding themselves in a chaotic situation because of the extremely poor road conditions. Some of them even had to suffer as their cars had gotten stuck on the road. The commuters say that the road was laid down barely a year ago and its condition has already started deteriorating.

Neeraj Gupta, a commuter, told Bangalore Mirror that the condition of the road has become deplorable even though it was just laid down a year ago. "The poor condition of the road is making it very difficult for commuters to drive vehicles through it. It is also affecting the flow of traffic and causing unnecessary traffic jams," he said.

Other commuters added that the road is filled with water, which further makes commuting difficult for the people.

"There is water all over the road. I have no idea if it is sewage water or water from someplace. The authorities should find the source of the problem and fix it as soon as possible to reduce the inconveniences faced by the people," said Satheesh K, another commuter. Reportedly, the road also has potholes.

According to Naveen Kumar, a resident of the area there are potholes and holes spreading over the entire stretch. "Because of potholes, commuting on this road is quite risky. The water on the road covers the potholes and makes it difficult for people to understand their depth. It might result in severe accidents as well," he said.

Some of the commuters also expressed their distress, recalling how their vehicles had got stuck on the road.

"The road condition is just pathetic. It is a major road and still, no one is taking action to fix it. For people driving cars and two-wheelers, this road is a nightmare. Just a few days ago, while I was taking my car through this road, it got stuck in a muddy patch which had happened because of the water overflowing on the road," said Ashish Ranjan, another commuter.

I was stuck there for hours and it was only with the help of other people that I was able to move the car. The entire experience was horrible, he added.

Another commuter told BM that while using this road, their bike has slipped several times. Meanwhile, a Bruhat Bengaluru Mahanagara Palike (BBMP) official said that they would try to start work on the road soon.

DID YOU KNOW?

One of the oldest aerospace and defence manufacturers in the world, Hindustan Aeronautics Limited (HAL) is headquartered in Bengaluru. The defence company is under the Ministry of Defence and was established in 1940. 'Eventide', a bungalow located on Domlur Road, served as the location for the opening of the company's office. The tools for the factory were set up by William D Pawley of Intercontinental Aircraft Corporation of New York. HAL is presently engaged in the creation and production of military aircrafts. It is known to have designed various fighter planes and helicopters for the Indian army. Additionally, the company provides services such as avionics, spare part supply, software development and more. In 1980s, the company experienced significant growth and lead to the creation of new indigenous aircrafts like HAL Tejas and HAL Dhruv.

GET HEARD WITH MIRROR

9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

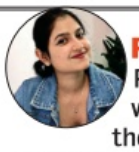
where Bengalureans speak their mind

How can public transport be made more attractive?

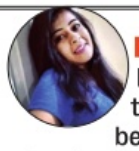
Nikhat Khatun, BM Reader
Most of the buses take a lot of time to reach a particular place and that's a major reason why people avoid using them. Hence, it must be ensured that the buses are able to cover distances within less time.

Jijin Ashok, BM Reader
The public transport should have facilities like medical kits because often there are emergencies that occur while people are travelling through these and during such times there are no medicines or kits available that one can use.

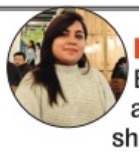
Geetha Pillai, BM Reader
I believe that more people will use the metro and BMTC buses if they increase the frequency of the vehicles. It gets very crowded because of which many people avoid it. If there is more space available, people would definitely use them.



Rakshita Kumar, BM Reader
Public transport, especially buses, would be much more convenient if there were proper bus stops. Many bus stops in the city do not even have a shelter and it is very difficult for a new bus user to find and identify routes.



Kirti Singh, BM Reader
If the public transport modes in the city were digital, they would be much more attractive especially for the younger generation. The Whatsapp feature in Namma Metro has made it very easy and attractive.



Pooja Jain, BM Reader
Better facilities and infrastructure at metro stations, such as coffee shops, would make them more attractive to people. To add a vibrant look, they can also make use of more graffiti and artwork as in Cubbon Park metro station.

SPEAK TO US

How does the city become more inclusive for cyclists and pedestrians?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

From the Middle-East

These recipes are traditional dishes and are the perfect choice for a homely gathering

ZA'ATAR & COTTAGE CHEESE SKEWERS

Za'atar is a spice mix used extensively in middle-eastern dishes. In this recipe, cottage cheese cubes are in a house blend of za'atar, and it makes for a wonderful starter.

INGREDIENTS
- Extra virgin olive oil: 1 tbsp
- Gram flour: ½ tbsp
- Za'atar powder: 1 tbsp
- Sumac powder: ½ tbsp
- Parsley: ½ tbsp
- Paneer: 120 gm
- Capsicum red cubes: 4
- Capsicum yellow cubes: 4
- Chermoula: 1 portion
- Onion cubes: 4
- Pickled vegetable: 1 portion
- Dill & pickled cucumber yogurt: 1 portion

METHOD
- Chop cottage cheese, onion, red and yellow capsicums into cubes.
- Make a marinade with za'atar powder, sumac powder, gram flour, parsley salt and hung curd. Mix all veg ingredients in the marinade and skewer it.
- Char on the grill until cottage cheese is soft and cooked and then remove.
- Assemble on a plate and serve with chermoula, pickled vegetables and dill pickled yogurt.

MOROCCAN CHICKEN KEFTA KEBAB

This is a take on traditional Indian keema preparations where minced chicken is marinated in a house blend of Moroccan spices and served.

INGREDIENTS
- Garlic: 1 tbsp
- Oregano: 1 tsp
- Cumin powder: 1 tsp
- Rose petals: 1 tbsp
- Cayenne pepper: 1 tbsp
- Parsley: ½ tsp
- Tata salt: 1 tsp
- Chilli flakes: 1 tsp
- Chicken fat: 2 tbsp
- Egg: 1
- Chermoula: 1 portion
- Dill & pickled cucumber yogurt: 1 portion
- Pickled vegetable: 1 portion
- Boneless Chicken: 180 gm

Prep Time: 30 mins
Cooking Time: 20-25 mins
Serves 1

METHOD
- Mince the boneless chicken and chicken fat together. Place the minced meat in a bowl and add in all the ingredients and season it with salt. On the big skewer make a chicken seekh and place it on the grill. Once cooked, remove from the skewer and arrange on a plate served hot with chermoula, pickled vegetables and dill pickled yogurt.

MUSHROOM SOYA SHISH TAWOOK

A yummy option for vegetarians, this dish comprises skewered mushroom and soya chunks marinated in Middle Eastern spices accompanied with Greek yogurt

INGREDIENTS
- Curd (Milky Mist) 1 cup
- Extra virgin olive oil: 2 tsp
- Sweet paprika powder: 3 tsp
- Ginger powder: 2 tsp
- White pepper powder: 2 tsp
- Oregano: 3 tsp
- Harissa: 3 tsp
- Toumeyya (a middle-eastern garlic sauce): 2 tbsp
- Chermoula: 2 tbsp
- Pickled vegetable: 2 tbsp
- salt: 2 tbsp
- Cayenne pepper: 1 tsp
- Onion powder: 2 tbsp
- Tomato ketchup: 1 tbsp
- Cinnamon stick: ½ tsp
- Coriander powder: ½ tsp
- Za'atar powder: 1 tsp
- Button Mushrooms (small): 15-20
- Soya nuggets: 8-10
- Sumac powder: 1 ½ tsp
- Dill & pickled cucumber yogurt: 1 portion

METHOD
- Soak soya nuggets, wash mushrooms and remove the stems. Place yogurt in a bowl and mix all the ingredients. Squeeze out excess water from soya nuggets and add in the mixture with mushrooms. Season it and skewer the mushroom soya nuggets. Char them on a hot grill until cooked. Serve hot with chermoula, pickled vegetables and dill pickle yogurt.

by Chandresh Dilip Vala, head chef, Brassa

FILM
PAGE 16
Ways of seeing

#AskThe'S'EXPERT

allo

1 Does masturbating too much hair fall or any ill-effects?
No, masturbation does not cause any kind of hair loss. There is no 'harmful' side-effect attached to masturbation. However, anything done in excess could potentially pose a problem. If you feel like your need to masturbate is affecting your ability to study and work or making you feel low or guilty, it could be an indication that your relationship with masturbation is becoming unhealthy. If this is the case I would recommend you consult a therapist.

2 What's the time for women to get orgasm? Recently I tried masturbating by rubbing my clitoris & I went for seconds. Does this means I have low libido?
Each person has a different time & area of sexual stimulation. Time of orgasm depends on how soon & how much you feel aroused. I would advise spending more time in foreplay if with a partner or finding areas and methods through which you can sexually stimulate yourself. You can also try and reduce the pace of clitoral stimulation so you experience a slower orgasm. For most people with vaginas, orgasm does take a longer time to happen so don't be discouraged.

Females
in the age category ***26-35 years*** are the highest scorers i.e. show ***highest level of sexual health knowledge***

Sexual Health Ed Survey, Allo Health (2022)*

Ask anonymously or read more allo.health/ask

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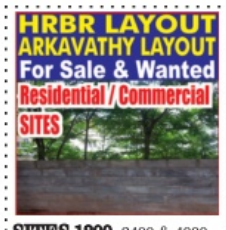

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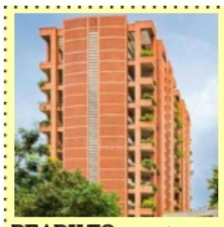

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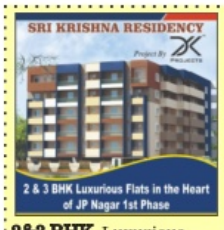

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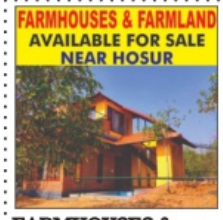

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Dull border row saga on campus

CAMPUS KRANTHI

2.5 RATING ★★½☆☆

- **DIRECTOR** Santosh Kumar
- **ACTORS** Alankar, Yieshaana, Arya, Arathi, Hanumanthe Gowda, Bhavani Prakash, Keerthiraj, and Vanishree
- **Duration** 137 minutes
- **Certification** U/A

This movie about campus politics on border areas of Karnataka and Maharashtra starts off with an affluent father (Keerthiraj) struggling to discipline his two undisciplined sons Abhi (Arya) and Adi (Alankar). He sends them to a college where his friend is the principal.

Both then leave Bengaluru to join the college situated on the Karnataka-Maharashtra border. Abhi falls in love with Kanasu (Arathi) and Adi falls in love with Lakshmi (Yieshaana). Here, the students from Maharashtra are antagonistic towards students from Karnataka.

Meanwhile, the audiences are told that celebrations of Kannada Rajyotsava were cancelled more than a decade ago due to petty politics. Two students from the college get killed in mysterious circumstances. After suspecting local politicians for the murder of students, the police succeed in nabbing a swamiji for the killings. Finally how Abhi and Adi succeed in celebrating Kannada Rajyotsava is what Campus Kranthi is about.

A majority of the actors in this film are newcomers and their skills are not up to the mark. There are only three actors who are familiar to Kannada audiences. Yeishaana and Arathi look beautiful but their performance is lack-lustre. Arya and Alankar struggle a lot even to deliver dialogues. Their body language is shabby too.

The script of this movie is far from convincing. If the song sequences are any indication, it seems the director tried his best to please all the actors, especially heroines, including a girls' hostel warden. Bhavani Prakash, who plays the warden, looks more like a villain than a warden. She even shakes her leg along with a peon in ecstasy. Hanumanthe Gowda, Keerthiraj, Vanishree provide good support.

PKH Das's cinematography is an added value. V Manohar's music is good.

It is worth a watch, but only if you have nothing much planned.

—Y Maheswara Reddy

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I,KAVITA Rajgouda Patil D/O Rajgouda Changouda Patil R/o A305,Adithi Elite, Bhoganahalli, B'luru-560103 Have Changed My Name To Kavita Patil Affidavit Dt.25/02/2023 Before Notary Ganesh Gowda M.V.B'luru

I, MOHAMED SAJID s/o P.M.Mohammed Khalid R/a #412, 14th main road, M.C.Layout, Vijayanagar, Bengaluru- 560040 have changed my name to P.K. Mohammed Sajid vide affidavit dated 24.02.2023 before notary K.Venkateshan, Bangalore

I, Ameer Bi W/o Dawood Khan R/o 4th B Cross , Shree , Vinayaka Nagar layout Geddalahalli B'luru-560077 have changed my name to Ameer bee DOB 05/08/1952 for all purposes.

I, Ashok Kodiyala Venkatesha husband of Gayathri Maheshala Venakatesha , son of Chandramma Ramaiah resident of Villa 100, Gempark Address, M C Halli, chikkathi - rupathi Road, Sarjapura , Bangalore 562125 have changed my name to Ashok Kodiyala Venkatesha husband of Gayathri Mahesala Venkatesha ,son of Chandramma Ramanarasimhaiah for all purposes

I, Deepthi Shaji W/o Shaji Kottolath , C/o Shaji Kottolath, Flat No A-005, Kethana Accolade, Sarjapur Main Rd, Doddakannalli, Carmelaram Post, Bangalore -560035 have changed my name to Deepthi Venugopal T T for all purposes.

I, VIKAS M N, Residing at No 125, Prestige South Ridge Apartment, Flat No 1164, Hosakerehalli, Bengaluru 560085. Have changed My name to VIKAS MATTUR vide affidavit dated 25/2/2023 before Notary B.K.R. Krishnamurthy, Bangalore

I Vijaya Lakshmi Arikatla R/o #202, Bhavish Enclave, 2nd Cross, Augraha Layout, B Narayanapura, Bengaluru-560016, have changed my name to Vijaya Lakshmi Chennareddy.

I, Srinivas M R/o # 8 2nd Cross 3rd Main Road Chikkalasandra Ramanjaneyalayout Bengaluru- 560061 have changed my minor son's name from Santosh S to Santosh Srinivas for all purposes.

I, Akshay Sangeeth S/o Sudhir sethumadhavan R/o H.No-909 , Bannimantap, Mysore Karnataka 570015 have changed my name to Akshay Sangeeth Ningeleri.

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Meeting wraps up, with no consensus on Ukraine

Deadlocked: Russia and China object to description of war in final document

A meeting of finance chiefs of the Group of 20 leading economies ended on Saturday without a consensus, with Russia and China objecting to the description of the war in Ukraine in a final document.

The meeting hosted by India issued the G-20 Chair's summary and an outcome document stating that there was no agreement on the wording of the war in Ukraine. The first day of the meeting took place on the anniversary of Russia's invasion of Ukraine.

The Group of Seven major industrial nations announced new sanctions against Russia on Friday, just as the talks of the G-20 group wrapped up in confusion in the Indian technology hub of Bengaluru.

US Treasury Secretary Janet Yellen condemned the "illegal and unjustified war against Ukraine" at a session attended by Russian officials and reiterated calls for G-20 nations to do more to support Ukraine and hinder Moscow's war effort. At the last major G-20 meeting, in Bali, Indonesia, in November, leaders had strongly condemned the war, warning that the conflict was intensifying fragilities in the world's economy. The group includes Russia and also countries like China and India that have significant trade with Moscow.

India's Finance Minister Nirmala Sitharaman told reporters that the communique prepared for the Bengaluru meeting carried two paragraphs from the Bali declaration, but Russia and China demanded they be deleted and said they could not be part of the final document this time.

Union Finance Minister Nirmala Sitaraman (C) addresses a press conference along with the Governor of Reserve Bank of India, Shaktikanta Das (R) and Secretary, Department of Economic Affairs, Ministry of Finance Ajay Seth (L) after the G20 Finance meetings

> **"The peaceful resolution of conflicts, efforts to address crises, as well as diplomacy and dialogue, are vital. Today's era must not be of war**
>
> –From the declaration

Their contention was they had approved the Bali declaration under the then prevailing circumstances, she said. "Now they didn't want it," Sitharaman said. She didn't give any other details. The Bali declaration said that "most members strongly condemned the war in Ukraine and stressed that it is causing immense human suffering and exacerbating existing fragilities in the global economy – constraining growth, increasing inflation, disrupting supply chains, heightening energy and food insecurity, and elevating financial stability risks."

The declaration also said: "There were other views and different assessments of the situation and sanctions. G-20 is not the forum to resolve security issues, we acknowledge that security issues can have significant consequences for the global economy." The second paragraph of the declaration, which is now unacceptable to Russia and China, said, "It is essential to uphold international law and the multilateral system that safeguards peace and stability. ... The use or threat of use of nuclear weapons is inadmissible. The peaceful resolution of conflicts, efforts to address crises, as well as diplomacy and dialogue, are vital. Today's era must not be of war." Sitharaman said the meeting could not issue a communique because of the objections raised by Russia and China and decided to opt for a summary and an outcome document.

India's push to regulate crypto gains support

A push by Group of 20 (G20) president India to regulate cryptocurrencies gained support from both the International Monetary Fund and the United States on Saturday as finance chiefs of the bloc wrap up two-days of talks.

India has said it wants a collective global effort to deal with problems posed by cryptocurrencies such as bitcoin, and the finance ministry said it had held a seminar for G20 member states to discuss how to come up with a common framework.

Managing Director of the IMF Kristalina Georgieva heads out of the G20 Finance meetings

Speaking to Reuters on the sidelines of the G20 meeting in Bengaluru, U.S. Treasury Secretary Janet Yellen said it was "critical" to put in place a strong regulatory framework but added that the United States had not suggested any outright bans. "We haven't suggested outright banning of crypto activities, but it is critical to put in place a strong regulatory framework," Yellen said. "We're working with other governments."

Earlier, IMF Managing Director Kristalina Georgieva told reporters after co-chairing a meeting with Indian Finance Minister Nirmala Sitharaman that banning crypto should be an option. Indian Prime Minister Narendra Modi's government has for several years debated drafting a law to regulate or even ban cryptocurrencies but has not made a final decision. The Reserve Bank of India has said that cryptocurrencies should be banned as they are akin to a Ponzi scheme.

On Thursday, the IMF laid out a nine-point action plan for how countries should treat crypto assets, with point number one a plea not to give cryptocurrencies legal tender status. Such efforts have become a priority for authorities, the fund said, after the collapse of some crypto exchanges and assets over the last couple of years, adding that doing nothing was now "untenable". **–Reuters**

US 'eager to deepen' tech ties with India

United States Treasury Secretary Janet Yellen on Saturday said that technology companies like Apple and Google have expanded their phone production in India, and as the US looks forward to the future, she is eager to deepen ties in the technology sector.

Yellen was speaking at the roundtable with US and Indian Tech Business Leaders in Bengaluru on the sidelines meeting. "I am eager to deepen out ties in the technology sector. The US is advancing an approach called "friendshoring" to bolster the resilience of our supply chains. We are doing this by strengthening integration with our many trusted trading partners-including India. We are seeing progress, as an example, technology companies like Apple and Google have expanded their phone production in India," Yellen said. Janet said through the Partnership for Global Infrastructure and Investment (PGII), the US is investing in digital technologies that will drive inclusive and resilient growth in India. **–ANI**

US Treasury Secretary Janet Yellen with technology leaders from India and the US

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Marvel of Jugalbandi
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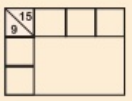
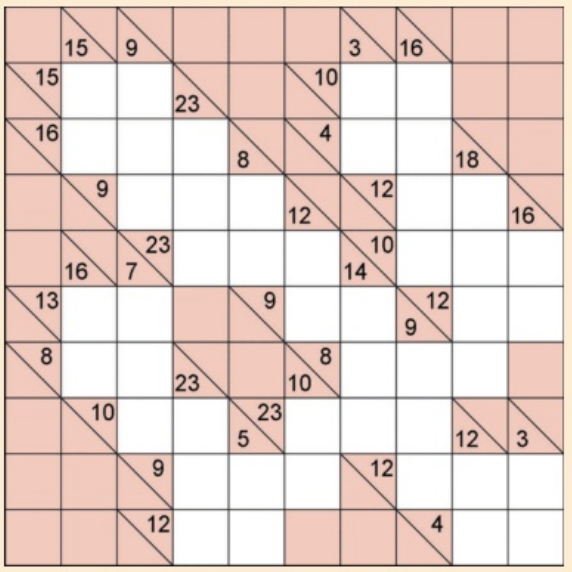
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

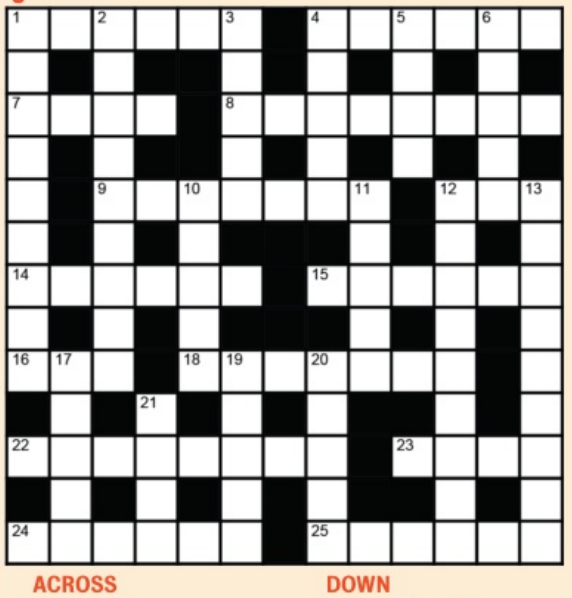


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Little girl (6)
4 Ill-tempered (6)
7 Snatch or seize (4)
8 Keep body and soul ____ : barely manage to remain alive? (8)
9 Brazilian dance (7)
12 Pig-house (3)
14 Zend ___ : Zoroastrian holy book (6)
15 Larger or bulkier (6)
16 Social insect (3)
18 Opening (7)
22 Badges of office (8)
23 Biblical wisemen (4)
24 Cause to vanish (6)
25 Narrow escape (6)

DOWN

1 Shillong's state (9)
2 Comic fantasy author Terry _____ (9)
3 Ice cream flavour ___-frutti (5)
4 Sorcery (5)
5 Ceremony (4)
6 Perspire (5)
10 Proportion (5)
11 Proof of innocence (5)
12 Set a part from the rest (9)
13 Standard for comparison (9)
17 ___ Hills: Scenic spot around 60 kms from Bangalore (5)
19 Concerning the kidneys (5)
20 Apartments (5)
21 Something frail (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: L EQUALS G

XQSW DP XM SFF KVHH-MGFZ LMW USAADMH SXSZ WQDGCDGL-XQR XDFF EM FMPW WR SUW?

Linemaro

The more I get to know you, the more attractive you are

Mindchow

Humanitarianism consists in never sacrificing a human being to a purpose

Joke of the day

I read a book on helium once. I couldn't put it down

Loop

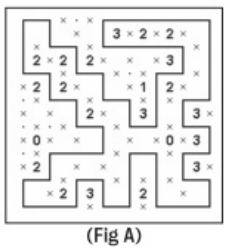
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

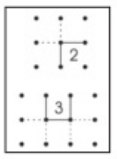
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

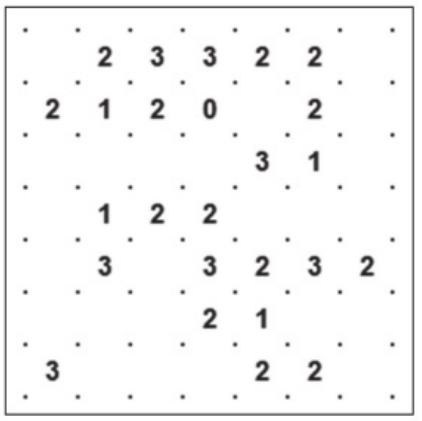
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



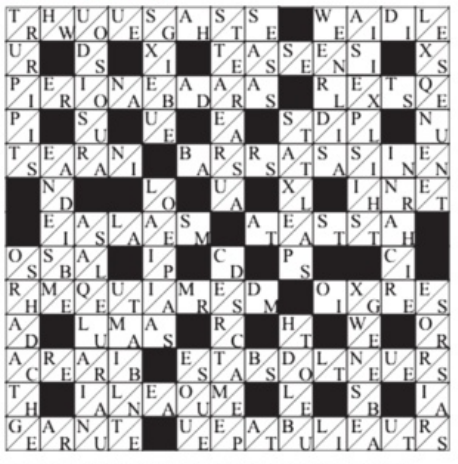
(Fig A)



(Fig B) Not Allowed



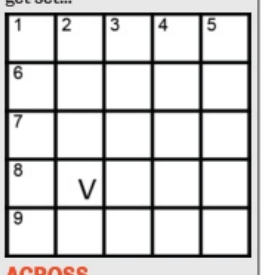
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Edgar; 6 A alum; 7 In MIB; 8 Suave; 9 Pryer

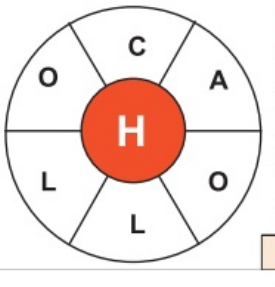
DOWN

1 Up urn (3-2); 2 Evil a; 3 A germ; 4 Bream; 5 Id Say

Mensapuzzle

What numbers should replace the question marks?

5 3 8 1 2 5
7 2 2 4 9 3
2 5 6 5 ? ?



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

02 Average; 03 Good; 04 Outstanding

SudokuChallenge

		8	9					5
		4	7				8	2
		3			5		7	
			5	1	3	7	6	
	4	1	6	7	8			
	8		4			2		
1	7				9	6		
4					2	5		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

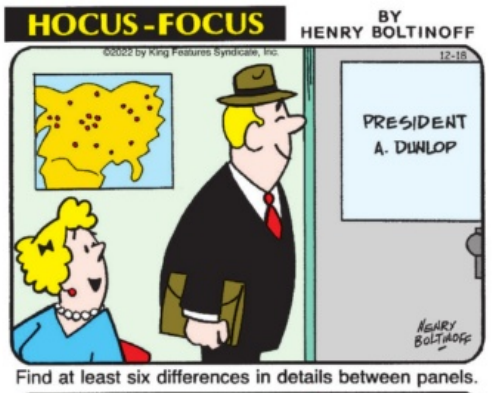
Easy = 9
1 1 2 9

Medium = 11
2 3 6 9

Hard = 32
2 6 7 6

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

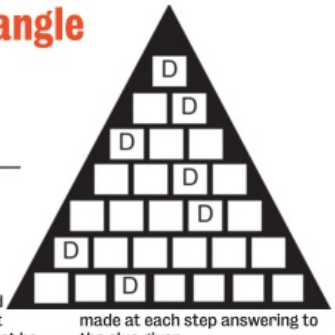
Differences: 1. Man is moved. 2. Words on door are moved. 3. Bow is larger. 4. Hat is different. 5. Map outline is different. 6. Doorknob is different.

Riddler

What is the next number in the series: 178,888; 17,888; 17,88; 178?

Alpha triangle

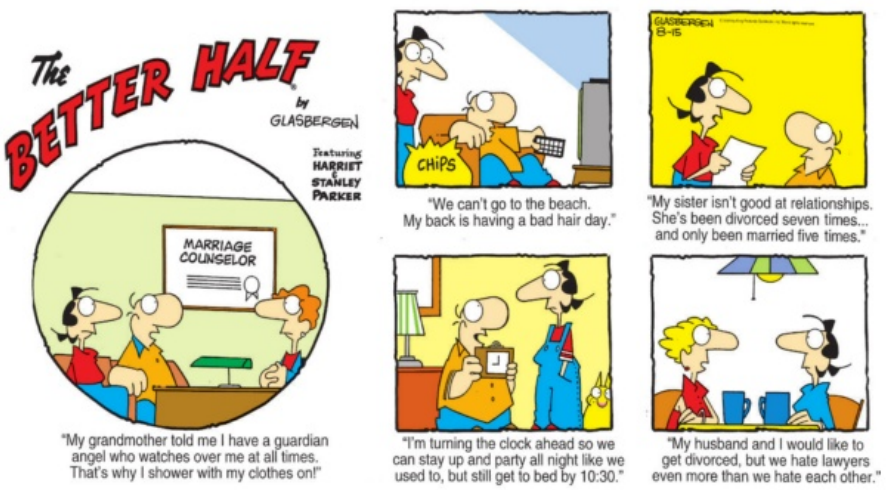
1 Five hundred
2 Short for Edward
3 Animal lair
4 Concludes
5 Derogatory
6 Film maker Walt ___
7 Renin producers



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS


The BETTER HALF
by GLASBERGEN
Featuring HARRIET & STANLEY PARKER
MARRIAGE COUNSELOR
"My grandmother told me I have a guardian angel who watches over me at all times. That's why I shower with my clothes on!"
CHIPS
"We can't go to the beach. My back is having a bad hair day."
GLASBERGEN B-15
"My sister isn't good at relationships. She's been divorced seven times... and only been married five times."
"I'm turning the clock ahead so we can stay up and party all night like we used to, but still get to bed by 10:30."
"My husband and I would like to get divorced, but we hate lawyers even more than we hate each other."

The AMAZING SPIDER-MAN
BITTEN BY A RADIOACTIVE SPIDER, PETER PARKER HAS GAINED THAT INSECT'S PROPORTIONATE STRENGTH--
STAN LEE
--AND, LIKE HIS NAMESAKE, CAN CLING TO CEILINGS AND WALLS!
DAILY BUGLE
TAXI!
TAKE ME TO METROPOLITAN GENERAL HOSPITAL-FAST!
IT WOULD'VE BEEN A LOT CHEAPER TO CHANGE TO SPIDEY AND WEB-SWING THERE--
STAN LEE JOHN ROMITA GINNOTT
BUT I DON'T WANT ROBBIE TO LEARN THE WALL-CRAWLER'S BACK IN MANHATTAN--
--LITERALLY FIVE MINUTES AFTER PETER PARKER ARRIVES!
WHILE AT METRO GENERAL...
HE'S LOST A LOT OF BLOOD--BUT THE WOUND'S NOT IN A VITAL SPOT.
TOO BAD HE'S UNCONSCIOUS SO HE CAN'T TELL US--
--WHO THAT MASKED MAN WHO BROUGHT HIM IN WAS!
TWO MASKS IN THE MOONLIGHT!

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you are blessed by the moon, which may give you good patience. Externally, you may face some work-related stress, but your inner senses may be calm and cool. This may help you to balance everything. You may enjoy every moment at work and in your domestic life. Some new sources of income may open up.

Taurus Apr 21 – May 20
You may feel dull today and deal with health issues. You are likely to be a victim of sleeplessness, which might make you arrogant. Your arrogance may affect your domestic harmony. Your profits may convert into losses. You are advised to think twice before making any type of financial transaction.

Gemini May 21 – Jun 21
Today you may feel energetic. Your losses may convert to profits, which may increase your business growth. You may take some difficult decisions in business, with the help of your subordinates. You might perform efficiently at work and your boss may support you. You may also expect to get incentives, which may increase your savings.

Cancer Jun 22 – July 23
Today you may be busy at work. With the help of destiny, you are likely to implement some new ideas at work. You may follow rules and be ethical in your dealing with the people around you, which may give you inner peace and strength.

Leo Jul 24 – Aug 23
Today things are under control. You may be able to come out of yesterdays' messy situation. You may have great patience, which may reflect into your way of working. Lovebirds may plan for an outing. Students may have good focus towards their goals. Singles may find love in the same community.

Virgo Aug 24 – Sep 23
Today you may feel dull and unhappy. You may be a victim of mood swings, which can reflect into your domestic life. You are advised to avoid arrogance at work, otherwise you may create hidden enemies around you. you are advised to avoid rash driving and adventure tours.

Libra Sep 24 – Oct 22
Today you may be happy. You may spread happiness around you. You may feel harmony in your domestic life. You will enjoy some romantic moments with your spouse. Your family may support you to take some important decisions on the professional front. You may expect some new ventures or partnerships in business.

Scorpio Oct 23 – Nov 22
Today's positive moon will make you happy. You may use your patience at every stage. Your performance may be good in the job, you may get some incentives in terms of rewards. Health related issues of family members will be resolved now. Job seekers are likely to get a suitable job in their domain. Love birds may enjoy their dating.

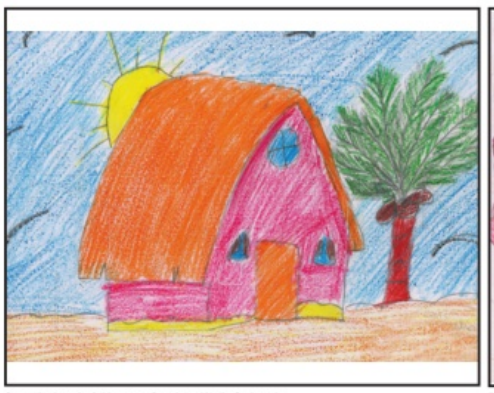
Sagittarius Nov 23 – Dec 22
Today you may have mixed situations around you. It is advised to not expect too much from anyone around you, as it can make you disappointed. Today you are in a state of self-exploration and self-analysis, which may allow you to filter yourself. After the filtration process, you may feel confident and be able to accept challenges.

Capricorn Dec 23 – Jan 20
Today dissatisfaction can make you upset. You may not be able to enjoy a single moment. You may have a lack of patience, which may affect your way of working. Silly mistakes may happen if you are not careful. You are advised to practice meditation or yoga. You may also visit some spiritual places for seeking peace.

Aquarius Jan 21 – Feb 19
Today you may feel energetic. Your speed of working may be noticeable. You may perform difficult tasks in an easy way. Disputes between siblings may be settled now, which may lead to happiness in the family. Your focus towards your goals may be noticeable, which will give you success on your work front.

Pisces Feb 20 – Mar 20
Today you are blessed by the moon. You may expect to get some inherited assets. You may perform with patience on the work front, which may increase your efficiency. You may be polite with the people around you. You may put less effort into day-to-day work. You may use your communication skills to get new work.

KIDZONE



Samiksha J, 8 Years, Sophia High School

Bareera Sharmin M, Ii Years, RTC Girls Higher Primary School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
24÷2×4
24+12
36 = 6

BULL'S EYE
ALCOHOL, hall, halo, loch

STRIKE OUT

E	R	N	E	E	P	A	U	L	E	T	S			
H	I	L	E	U	M	L	S	I						
C	R	A	B	S	A	B	O	T	E	U	R			
A	L	M	S	C	T	E	G							
R	E	Q	U	I	R	E	D	O	G	R	E			
O	S	A	P	D	S	I								
I	S	L	A	M	T	E	S	S	A					
N	L	A	X	I	N	T								
S	A	R	I	A	S	A	S	S	I	N				
P	U	E	E	T	D	P	U							
I	R	O	N	B	A	R	S	L	E	S	S			
R	D	I	E	A	S	E	S	X						
T	H	O	U	G	H	T	S	W	A	D	E			

QUICK

M	O	P	P	E	T		M	O	R	O	S	E		
E	R													
G	R	A	B		T	O	G	E	T	H	E	R		
H		T		I		E		A						
A	C	A	R	I	O	C	A		S	T	Y			
L	H		A		L		E	A						
A	V	E	S	T	A		B	I	G	G	E	R		
		I		B		R								
Y	T		O		S		I							
A	N	T		O	R	I	F	I	C	E	S			
	A	W		E		L		G		T				
I	N	S	I	G	N	I	A		M	A	G	I		
D		S								C				
D	I	S	P	E	L		S	O	U	E	A	K		

FAST FIVE

P	E	R	R	Y
U	V	E	A	S
N	I	M	B	I
U	L	A	M	A
R	A	G	E	D

RIDDLER 17 (-8, /10)

QUOTE UNCODE
What if we all suddenly get carried away thinking – who will be left to act?

SUDOKU

7	1	8	9	2	6	4	3	5
6	5	4	7	3	1	9	8	2
2	9	3	8	4	5	1	7	6
8	2	9	5	1	3	7	6	4
3	6	7	2	9	4	8	5	1
5	4	1	6	7	8	3	2	9
9	8	5	4	6	7	2	1	3
1	7	2	3	5	9	6	4	8
4	3	6	1	8	2	5	9	7

MENSA PUZZLE
7, 8: looking down each column
alternately, take the difference, then add, so, the difference between 2 and 9 = 7 and 5 + 3 = 8

ALPHA TRIANGLE
D, Ed, Den, Ends, Snide, Disney, Kidneys.

GO FIGURE
Easy
9 – 2 + 1 + 1 = 9
Medium
3 x 6 + 2 – 9 = 11
Hard
6 + 7 x 2 + 6 = 32

LOOP

KAKURO

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Creepy incident
Paris Hilton has alleged that when she was 19 she had an uncomfortable incident with Harvey Weinstein at the 2000 Cannes Film Festival. She alleged he attempted to open her bathroom door

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Entertainment Industry Promotion

INTERVIEW

AKANKSHA SHYAM, CINEMATOGRAPHER, PRODUCER, WRITER

Ways of seeing

In conversation with Priyansha, the cinematographer discusses her latest release 'Afloat' and the themes that inspire her

Akanksha Shyam, a cinematographer, producer and writer from Bengaluru is creating ripples internationally. The young cinematographer currently based in California has bagged awards such as the New York Cinematography Awards 2022, BAFTA Newcomer Participant, Best Director of Photography at Corsenal Production Film Festival 2022 and more. We caught up with Akanksha about her latest release 'Afloat' and the powerful themes that drive her work.

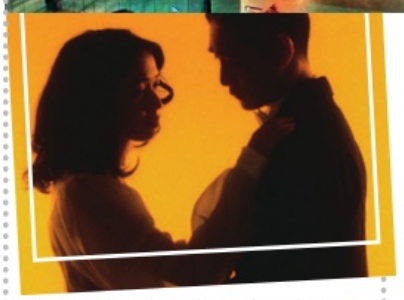
What motivated you to pursue cinematography?
Growing up, I realised that it was behind the camera that I felt most at ease. Composing subjects in a frame felt natural. Eventually, learning about movement and shaping light, it felt like filmmaking and cinematography were a very natural fit.

Being a cinematographer can be a rewarding job. You shape how the audience sees a film. You work with the director to develop the look and feel of a movie and then choose the right tools to recreate it. There are daily challenges and the key skills include problem-solving and thinking on your feet. There is a kind of adrenaline rush to it that helps get you to the final moments before a shot is made. There are countless departments working together - directorial, art, continuity, production, sound, camera, lighting, talent, hair, make-up, locations, transportation, and editorial. My favourite thing about it is the collaborative aspect. Every person on the crew adds something unique. It is almost magical how it comes together.

When did you realise you are interested in cinematography?
I had made a few short films in school before doing my bachelor's degree at the Symbiosis Centre for Media and Communication in Pune. Here, I was able to specialise in film and was exposed to a lot of different roles on set. I felt like I had the most potential as the cinematographer and shot several films there which ended up getting recognised by online platforms.

Tell us something about Afloat
Afloat is a film, written and developed during the pandemic. It was borne out of the frustration of needing to create art and not having the outlet. It was also a metaphor for anxiety in the face of uncertainty that artists experience all the time. We shot it in 2021, safely under covid restrictions with help from 35mm film donations from Kodak as well as camera equipment donations from Panavision. It was a beautiful experience to be able to co-write with some incredible collaborators, work with award-winning director Stacy Gaspard.

How are the responses so far for the movie?
The response to the film has been incredible. At first, we were being shortlisted at a few dance film festivals, but soon we were being accepted by bigger festivals and have now won several awards - most notably, Best Silent Film at the What Will They Think of Next Festival in Austin, Texas and Best US Cinematography at the New York Cinematography Awards. Our next screening will be held at the prestigious TCL Chinese Theatre in Los Angeles - renowned for hosting premieres of major Hollywood productions - as a part of the Golden State Film Festival. Because of the success of the film, we have been writing about it online and on social media, which has gotten even more eyes on the film.



What were the challenges during your journey?
I think there is a tremendous amount of gatekeeping in the industry. It is extremely difficult for people without connections or wealth to get their foot in the door and meet the right people. Opportunities are plenty but access is limited. I struggled a lot with this and have felt defeated by it many times.

However, finding mentors and people of colour in the field who will support and vouch for you has been crucial for me. You have to start at the bottom of the ladder no matter what, but when you work hard and keep persisting, the right people will eventually notice and want to champion you.

Throughout this journey, I have tried to find meaning in the work. I truly believe that storytelling is an important job, one that feeds the culture and inspires people. I am filled with gratitude when people tell me they can relate to a film I helped make or that they finally feel represented. I am also aware of how far women have come in this field and how far we still have to go. I am lucky to be a part of this industry and will continue to help others.

How is the LA experience?
Los Angeles has been very welcoming. I have found a beautiful community of collaborators who push each other to grow and sustain each other professionally.

Tell us something about the themes in your work
My films deal with a vast range of themes - racial and social minorities, disability, LGBTQ+ communities, mental health, art, family, love, and loss. I tend to lean towards themes that are internal and try to project them in visual (external) ways. I am very interested in finding new and visually interesting ways of storytelling. My hope is to bring something new to the art form.

> **It is very difficult for people without connections or wealth to get their foot in the door**

What do you have to say on the visual representation of 'uncertainty' in your film?
On Afloat, we were just attempting to visualise the idea of uncertainty using practical effects. In the story, a ballerina who is about to give her biggest performance becomes trapped in a void, drowning in her own fears. We showed this by seeing her physically surrounded by water that rises all around her. To do this, we used plastic sheets and mylar which were aged by the production designer and lifted using leaf blowers and fans. In front of the lens, we used light reflections on sequined blue fabrics to create the foreground of water, creating a layered effect with the sheets rising and falling.

What's next?
I am about to go into production on a dance film very soon. I am also currently in pre-production for an independent feature film which is a coming-of-age drama about a high school student and deals with trauma and grief.